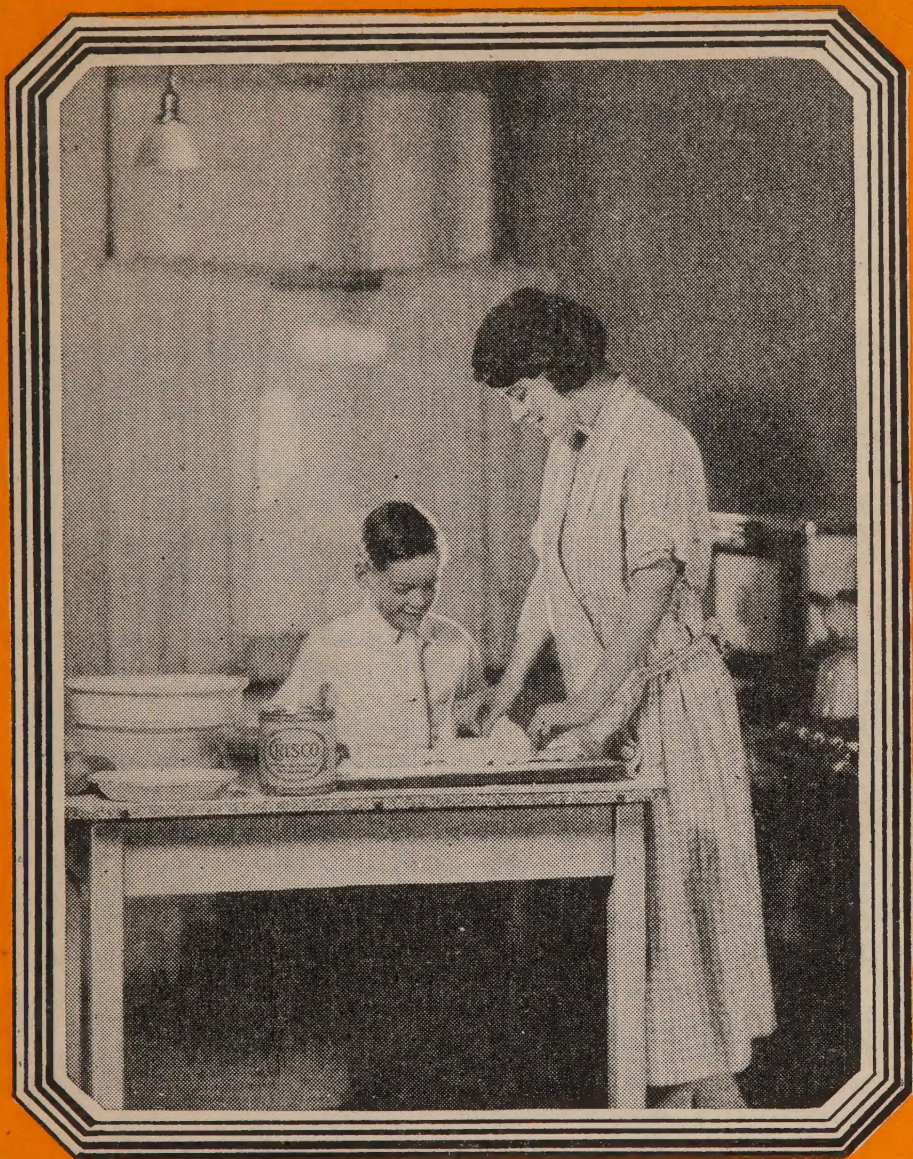




A few
**COOKING
SUGGESTIONS**



Hints For Simplifying Deep Fat Frying

USE a deep kettle with enough fat to completely cover the food to be cooked, but be careful not to have the kettle more than two-thirds full or the hot fat might bubble over the top during the frying.

Heat the Crisco to the proper temperature, as gauged by a thermometer or by the standard bread test. Special deep frying thermometers can be purchased at a very reasonable price, but the bread test serves very well, if you have no thermometer.

Drop an inch cube of bread into the hot fat. When it browns in a certain length of time, the fat is ready to cook certain types of foods. Foods which have been previously cooked naturally do not need as long a cooking in the fat as do those which are put into the kettle raw. The previously cooked foods simply need browning, so the fat can be very hot. The following table gives both the thermometer and bread tests:

Kind of Food	Temperature (F.)	Time for Bread
Fritters	365-75 degrees	60 seconds
Croquettes, Codfish Balls, etc.	385-90 degrees	40 seconds
French Fried Potatoes	400-10 degrees	20 seconds

Potatoes, croquettes or any food which does not have to be dropped into the fat piece by piece, can be more easily handled by using a frying basket. This is simply a wire basket with a handle, by means of which the food can be lowered gradually into the hot fat and removed all at once when done.

After frying, drain as much fat off the food as possible by holding the frying basket over the kettle, then place the food on unglazed paper so that the last bit of excess fat may be absorbed.

The Crisco in which the food was fried may be left in the kettle, covered and moved out of the way until ready for the next frying; unless a large quantity of burned food particles has collected in the kettle, in which case the Crisco should be strained before placing away. Some people find it convenient to keep a special can of Crisco for frying purposes; then the warm fat may be strained directly back into the can after each using. The kettle does not have to be washed, simply wiped out carefully with soft paper.

Since Crisco does not absorb the odor of foods fried in it, the same batch may be reused many times and for many different kinds of foods.

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The quality of foods fried in used Crisco is not impaired—they continue to be characteristically crisp, well browned and delicately flavored.

Frying with Crisco is a pleasant task because of the freedom from smoke and odors which usually accompany frying. The smoking point of fresh Crisco is above the highest temperature ever used for frying. However, if particles of burned food are allowed to collect in the kettle with the Crisco, they will burn and smoke. For this reason, Crisco used for frying should be strained frequently.

DEEP FRYING

Fried Onions

Cut large onions across into slices about one-fourth inch thick. Separate the slices into rings. Dip the rings into a thin batter. Place in a frying basket and dip into deep Crisco at 360-70 degrees F. and fry until delicately browned. Drain. Salt lightly before serving.

Batter

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup flour

1 egg yolk
1 teaspoon melted Crisco

$\frac{1}{2}$ teaspoon salt

Fried Oysters

Select large oysters. Wash them, sprinkle with salt and pepper and dip first in bread crumbs, then in beaten egg and again in bread crumbs. Place in a wire basket and drop into deep Crisco heated until it browns a cube of bread in 40 seconds. Fry until nicely browned. Drain on paper. Serve hot with tomato sauce or catsup.

Fish Balls

1 cup salt codfish

1 tablespoon Crisco

2 cups raw potato cubes

1 egg

Wash and shred fish. Cook with potatoes in enough boiling water to cover until soft. Drain, mash thoroughly. Beat in egg and Crisco. Drop by spoonfuls into deep Crisco and fry until nicely browned.

Serve with egg sauce.

Egg Sauce

2 tablespoons flour

1 cup milk

2 tablespoons Crisco

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ to 1 cup chopped hard boiled egg

Melt Crisco. Blend in flour. Add slowly the hot milk, stirring constantly. Cook until the mixture boils. Add seasonings and egg.



Doughnuts

1 cup sugar
3 tablespoons Crisco
2 eggs
1 cup milk

5 to 6 cups flour
4 teaspoons baking powder
1 teaspoon salt
 $\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

Cream Crisco with half the sugar. Beat the egg with the other half. Combine the two mixtures and stir in the milk and the sifted dry ingredients. Roll out a portion at a time on a well floured board. Shape with a doughnut cutter and drop into deep Crisco. Turn doughnut as soon as it rises to the surface. Fry until nicely browned on both sides. Drain on paper and sugar when cool.

Swedish Crumpets

2 eggs
1 cup milk

4 cups flour
 $\frac{1}{2}$ teaspoon salt

1 tablespoon Crisco

Beat egg slightly. Add milk. Stir liquid into flour and salt sifted together. Add melted Crisco. Roll out on a floured board a portion at a time to as thin a sheet as possible. Cut into squares about two to three inches square. Stretch each piece especially at the edges before dropping into hot deep Crisco. Fry until delicately brown. Drain and sprinkle generously with powdered sugar when cool.

Apple Fritters

1 tablespoon Crisco
1 cup flour
1 teaspoon baking powder
2 tablespoons sugar

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup milk
1 egg
2 medium sized cooking apples

Sift dry ingredients. Stir in egg and melted Crisco beaten with milk. Pare and core apples and cut into eighths. Stir slices into batter and drop by spoonfuls into hot Crisco. Fry until well browned. Sprinkle with powdered sugar. Serve with maple syrup.

Fried Apple Pies

2 cups flour
1 teaspoon baking powder
1 teaspoon salt

2 tablespoons Crisco
1 egg yolk
4 tablespoons sugar

$\frac{1}{2}$ cup milk

Sift baking powder and salt with flour. Work in Crisco with finger tips. Com-



bine egg, sugar and milk, and stir into flour mixture. Roll out on a well floured board to one-fourth inch thick. Cut into rounds about four to five inches in diameter. Spread half the circle with thick apple sauce, well seasoned with cinnamon and nutmeg. Fold over the other half of crust, fastening the edges well with a fork.

Fry in deep Crisco heated to 360 degrees F. or until an inch square of bread browns in 60 seconds. Drain on paper. Sprinkle with powdered sugar.

Snowballs

2 eggs	pinch of salt
$\frac{1}{2}$ cup sugar	2 teaspoons baking powder
1 cup sweet milk	1 teaspoon vanilla
1 tablespoon Crisco	$2\frac{1}{2}$ cups flour

Beat eggs until light. Add sugar, Crisco, milk and vanilla. Sift flour, baking powder and salt together. Drop by teaspoonfuls into hot Crisco (350-360 degrees F.).

Fry like doughnuts. When cool, dust with powdered sugar.

Crisco is made for homes that want the best in cooking.

Pastry Making

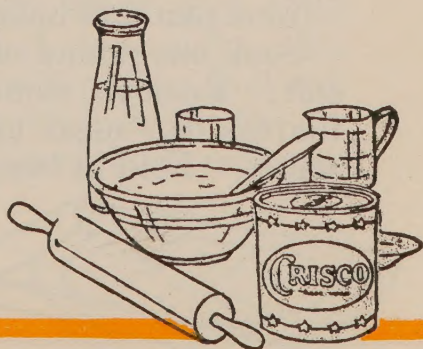
TO obtain the best results in any type of pastry, a few general rules should be observed.

Do not mix the fat too thoroughly with the flour—the coarser the mixture, the flakier the crust will be.

Crisco is particularly desirable for pastry making because it mixes so easily with the flour, forming a mixture of just the right consistency. The Crisco crust is convenient to handle, and always tender and flaky, when properly made.

Add only enough water to hold the dry ingredients together in a lump, so that the mixture may be rolled out to a sheet. Excess water causes the crust to be tough besides involving difficulty in rolling.

Do not use too much flour on the board for rolling. A piece of canvas or a heavy towel spread out and well floured is more satisfactory for rolling the dough than a board or enamelled surface. The meshes of the cloth hold just the right amount of flour to keep the dough from sticking. The cloth may be shaken out after each



using and folded up for the next time—it does not have to be washed after every pie.

Roll only one crust at a time, using a gentle pressure and rolling from the center out. Lift up the edges of the crust occasionally to see whether it is sticking to the board. If necessary, sprinkle a little flour under the crust.

Fit the crust carefully into the curves of the pan, leaving no air spaces to bulge the crust up during baking. If the crust is to be baked before adding the filling, prick it generously with a fork—this will also help to eliminate “bubbles” in the crust.

Fasten two-crust pies well at the edges by brushing the lower edge with water and pressing the upper edge down with a fork or by folding into scallops with the finger tips. The juice may be further prevented from escaping, particularly in berry pies, by adding flour to the sugar used for sweetening.

The upper crust should always be pricked or slashed occasionally to allow the escape of steam.

To prevent soaking of the lower crust, the surface may be sprinkled with flour or brushed with egg white before adding the filling.

Bake all pastry in as hot an oven as possible, taking into consideration the kind of filling, size of pie, etc.

Custard pies should be started in a hot oven (375 degrees F.) to set the crust, then the heat quickly reduced to 300 or even less to bake the custard slowly.

Apple pies should be baked at 400 degrees until browning starts, the temperature reduced to cook the apples thoroughly. When a fork pierces the center easily, the apples are cooked.

Pie crust, either plain or flaky, needs a hot oven (about 400 degrees F.).

Puff paste also bakes best at high temperatures, but for patty shells it is well to reduce the heat after raising to cook the center thoroughly.

When making pie crust by your own recipe, be sure to add salt, as Crisco contains no salt or other foreign material.

PASTRY

Plain Paste

$\frac{1}{3}$ cup Crisco
 $1\frac{1}{2}$ cups flour

$\frac{1}{2}$ teaspoon salt
water

Sift salt with flour. Cut Crisco in with knives or work in coarsely with finger tips. Stir in gradually just enough water to hold dry ingredients together. Divide in two parts and roll out separately to form lower and upper crusts for pie, or two pie shells.

Prune Whip Pie

Line pan and bake pastry.

Soak one pound of prunes overnight and simmer till soft. Remove stones, cut in pieces and add three-fourths cup sugar and three-fourths cup chopped nut meats. Fold in two egg whites beaten stiffly.



Pour into baked shell. Bake at 375 degrees F. for 20 minutes. When cool, decorate with one cup whipped cream to which has been added two tablespoons of powdered sugar and one-half teaspoon vanilla.

Butterscotch Pie

1½ cups water	pinch of salt
1½ cups brown sugar	2 egg yolks
2 tablespoons flour	3 tablespoons Crisco
3 tablespoons cornstarch	1 teaspoon vanilla

Meringue

2 egg whites	4 tablespoons sugar
¼ teaspoon baking powder	

Heat brown sugar and water to boiling point. Pour over sifted dry ingredients and cook until thick. Add egg yolks slightly beaten, and cook for one minute longer. Remove from fire; add butter, salt and flavoring, and let cool. Pour into baked crust, cover with meringue made by beating egg whites until frothy, adding sugar and baking powder and beating until stiff. Put in oven to brown.

Raisin Pie

½ cup sugar	1 tablespoon lemon juice
1 cup raisins (seedless)	1 tablespoon Crisco
¾ cup water	¼ teaspoon salt
grated rind of lemon	2 tablespoons cornstarch

Mix cornstarch, sugar and salt; stir in water. Cook until thick. Add Crisco, lemon juice and raisins. Cool before pouring into pie tin lined with following dough:

1½ cups flour	½ teaspoon salt
⅓ cup Crisco	water

Sift flour with salt. Work in Crisco. Stir in enough water to make mixture stick together. Roll out on floured board to one-fourth inch thick.

Flaky Pastry

1 cup Crisco	3 cups flour
1 teaspoon salt	water

Cut Crisco into flour (previously sifted with salt) rather coarsely. Divide mixture in two parts. To half, add enough water to make a stiff paste. Roll out on floured board to about one-fourth inch thick. In center spread the other half of Crisco-flour mixture.



Fold over the four edges to meet in the center. Roll out gently to about one-half inch thick. Fold over and roll again. Repeat several times. Chill in the refrigerator before shaping into shells.

Cheese Straws

Roll out flaky pastry to one-fourth inch thick. Sprinkle generously with grated cheese. Fold over the four edges to the center. Roll out carefully. Fold in half and roll out again. Repeat twice. Cut into strips about one-half inch wide. Bake in a hot oven until slightly browned.

Cheese Cake

$1\frac{1}{2}$ cups cottage cheese	3 eggs
$\frac{1}{2}$ cup sugar	3 tablespoons cream
grated lemon rind	

Combine thoroughly cheese, sugar, cream and lemon rind, then add well beaten eggs. Line muffin tins or individual pie tins with plain paste. Fill them almost to the top with cheese mixture. Bake in a moderate oven about 15 minutes.

Puff Paste

$1\frac{1}{2}$ cups Crisco	1 egg yolk
4 cups pastry flour	$\frac{1}{2}$ teaspoon salt
ice water	$\frac{1}{2}$ teaspoon cream of tartar

Chill all materials thoroughly. Sift salt and cream of tartar with flour. Work in about one-fourth cup Crisco with finger tips. Stir in slightly beaten egg and enough water to hold mixture together. Roll out on floured board to one-half inch thick. Dot center of dough with bits of Crisco and fold edges into center, making four folds. Roll out lightly to original thickness. Repeat this process until all Crisco is used, chilling in refrigerator once or twice between rollings.

Roll out to desired thickness.

Patty shells and Tarts are among the simplest things made out of Puff Paste.

Patty Shells

Roll part of puff paste to one inch in thickness, part to one-half inch. With cookie cutter cut rounds of



thin paste for bottoms of shells. Place on white paper on a pan. Cut rounds of thick paste with a doughnut cutter. Place the layer with the whole on the thin layer, fastening the two together by brushing between with water. Place in a hot oven (400 to 450 degrees F.) and bake for 20 to 30 minutes or until risen and browned on the surface.

Banbury Tarts

1 cup raisins
1 cup sugar
1 egg

1 soda cracker
1 tablespoon Crisco
1 lemon, juice and rind

Beat egg with sugar. Add raisins, finely ground cracker crumbs, melted Crisco, lemon juice and grated rind.

Roll puff paste to a thin sheet. Cut into squares or circles three or four inches across. Put about a teaspoon of filling mixture on each piece. Moisten edges half way around. Fold over in center, pressing edges together with a fork. Bake in a moderate oven (380 degrees F.) until brown.

Crisco is made for homes that want the best in cooking.

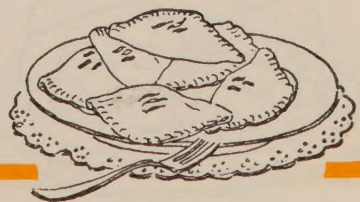
Cakes, Cookies and Quick Breads

THE term "shortening" indicates the purpose of fat in cake and breadmaking. The fat is used to make the food shorter or more tender.

Naturally then, a fat which is all fat and contains no water or other material, will make a more tender cake or bread. Crisco is 100 percent fat, a pure white vegetable fat, which having no flavor of its own, allows the fullest development of the characteristic flavor of the cake or bread.

There is a secondary purpose of shortening in cake making, and this is the introduction of air into the sugar and fat mixture to help make the cake light. It is important, therefore, that the sugar and fat should be mixed to a light airy mass. Crisco is easily creamed with the sugar to form this desirable frothy mixture.

To this creamed mixture may be added the eggs, usually the yolks slightly beaten, leaving the whites to be stirred in at the last moment. If the cake is to be white, the liquid is added in place of the yolks. Whenever milk or water is added to a creamed sugar and fat mixture, care should be taken not to break the light airy structure which stirring has built up, but to add alternately a little of the liquid, then some of the flour (which should be thoroughly sifted with the salt and baking powder) until both are used up. When the beaten whites are



added last, they should be stirred and folded in gently but completely, in order to increase the lightness of the batter rather than to break it down.

For breads which contain less sugar than cakes, and a smaller proportion of fat, the Crisco is usually combined with the flour as in pastry making, or it is added in a melted state to the batter just before putting into the oven.

When using Crisco to replace butter in your own recipes, be sure to add salt in the proportion of one (1) teaspoonful salt to each cup Crisco.

CAKES AND COOKIES

Chocolate Cake

$\frac{1}{4}$ cup Crisco	$\frac{1}{2}$ teaspoon salt
2 squares chocolate	2 eggs
$\frac{1}{2}$ cup milk	$\frac{3}{4}$ cup sugar
2 teaspoons baking powder	$1\frac{1}{2}$ cups flour

Cream Crisco with sugar; add melted chocolate, beaten eggs, milk, and flour sifted with baking powder and salt. Bake in two layers or one large flat pan in a moderate oven, for about half an hour.

Frost with bittersweet icing. Make boiled icing as usual. Over surface, spread melted bitter chocolate in a thin layer.

Featherweight White Cake

$\frac{1}{2}$ cup Crisco	3 egg whites
1 cup sugar	$\frac{2}{3}$ cup milk
2 cups flour	1 teaspoon vanilla
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt

Cream Crisco with sugar. Stir in alternately milk and sifted dry ingredients. Fold in thoroughly stiffly beaten egg whites. Add vanilla and turn batter into two greased layer pans. Bake in a moderate oven (350 degrees F.).

Ice with cocoanut, maple icing, or Crisco icing on page 16.

Pound Cake

1 cup Crisco	1 teaspoon salt
1 cup sugar (fine granulated or powdered)	4 eggs
2 cups flour	1 teaspoon vanilla
	1 teaspoon lemon

Cream Crisco well. Stir in sugar gradually. Separate eggs, beating whites until stiff and yolks until thick and lemon colored. Add beaten yolks and flavoring



to sugar. Cream all thoroughly. Fold in whites alternately with flour sifted with salt. Bake in a loaf pan lined with white paper, in a moderate oven about one hour.

Prune Cake

- | | |
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| 3 eggs | 1 teaspoon nutmeg |
| 1½ cups sugar | 1 teaspoon allspice |
| 1 cup Crisco (melted) | 1 teaspoon baking powder |
| 1 teaspoon soda | 2 cups flour |
| 1 cup sour milk | 1 cup chopped prunes (stewed and stoned) |
| 1 teaspoon cinnamon | |

Beat eggs and sugar together. Add melted Crisco, sour milk, and dry ingredients sifted together. Stir in chopped prunes. Bake in three layers in a moderate oven and frost when cool with the following:

Filling

- | | |
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| ¼ cup Crisco | 1 tablespoon cocoa |
| 1 egg yolk | 2 tablespoons coffee infusion |
| 1½ cups powdered sugar | |

Cream Crisco, stir in egg. Sift powdered sugar and cocoa; add alternately with coffee to Crisco mixture.

Apple Sauce Cake

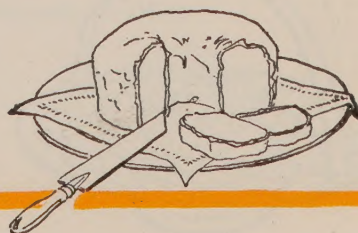
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| ½ cup Crisco | 1½ cups thick cold apple sauce |
| 1 cup sugar | 1 teaspoon soda |
| 1 egg, beaten | 1 cup raisins (or dates) |
| 4 tablespoons hot water | ½ cup nuts |
| 2½ cups pastry flour | ½ teaspoon each of cloves and nutmeg |
| ½ teaspoon salt | |
| 1 teaspoon cinnamon | |

Cream the sugar and Crisco, add egg, beat well. Stir in apple sauce and hot water. Add raisins and nuts, then dry ingredients sifted together twice. Bake in a moderate oven (360 degrees F.) about one hour. Makes two small loaves.

Brownies

- | | |
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| 2 eggs | ½ teaspoon vanilla |
| 1 cup light brown sugar | 2 squares chocolate |
| ½ cup flour | ¼ cup walnut meats |

Beat eggs. Stir in sugar, melted chocolate, vanilla, flour and nut meats. Spread out in a layer one-half inch thick on a greased pan and bake in a moderate oven 20 minutes. Cut into oblong strips when partially cool.



Crisco Macaroons

2 tablespoons Crisco
 $\frac{1}{2}$ cup sugar
 $\frac{2}{3}$ cup cocoanut
 $\frac{1}{2}$ teaspoon baking powder

$\frac{3}{4}$ cup rolled oats
2 cups corn flakes
 $\frac{1}{2}$ teaspoon salt
2 eggs

Beat eggs well and mix with oatmeal. Let stand while creaming Crisco with sugar. Combine these two mixtures and add cocoanut, corn flakes, baking powder and salt. Drop by spoonfuls on Criscoed baking sheet. Bake 15 minutes in moderate oven.

Caramel or Butterscotch Cookies

4 cups dark brown sugar
1 cup melted Crisco
4 beaten eggs

1 teaspoon salt
7 cups flour
3 teaspoons baking powder

Cream Crisco with sugar. Add eggs slowly mixing thoroughly. Then add dry ingredients sifted together twice. Shape into roll about two and one-half to three inches in diameter. Put in Criscoed pan in ice box over night. When ready to bake, slice and bake in quick oven (425 degrees F.). Makes about 125 cookies.

Filled Date Bars

1 cup Crisco
1 cup sugar
2 eggs

4 cups flour (bread)
 $\frac{1}{2}$ teaspoon soda
1 teaspoon baking powder

$\frac{1}{2}$ cup sour milk

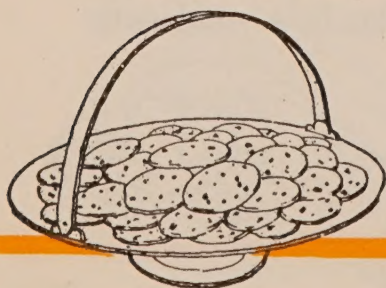
Cream Crisco; add sugar and cream again. Add unbeaten eggs one at a time, beating thoroughly after each addition. Add sour milk, then fold in flour which has been sifted with baking powder and soda. Roll out to a sheet as large as the baking pan. Spread with date filling. Cover with a layer of cookie dough. Bake in a hot oven (375 degrees F.). Cut into strips while warm.

Date Filling

2 cups chopped dates
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup nuts

To dates which have been stoned and chopped, add sugar and water and simmer for five minutes. Remove from fire; add chopped nuts and cool.



QUICK BREADS

Soda Biscuit

2 cups flour
½ teaspoon soda
3 tablespoons Crisco

1 teaspoon salt
1 cup thick sour milk or
buttermilk

Sift together salt, soda and flour. Work in Crisco. Add milk gradually, mixing to a stiff dough. It may not be necessary to use all the milk. Place on a floured board. Knead until smooth. Roll to one-half inch in thickness. Cut with a small round cutter and bake in a hot oven 12 to 15 minutes.

Nut Bread

2 cups flour
1 cup sugar
4 teaspoons baking powder
1 teaspoon salt

2 eggs
1 cup milk
2 tablespoons Crisco
1 cup nuts

Beat eggs with sugar. Stir in milk alternately with flour, salt and baking powder sifted together. Add melted Crisco and chopped nut meats dredged with flour.

Pour onto greased pan. Allow to stand 15 minutes before putting in oven. Bake in moderate oven about 40 minutes.

Coffee Cake

1½ cups flour
2 teaspoons baking powder
½ teaspoon salt

1 cup sugar
1 egg
1 cup milk

2 tablespoons Crisco

Sift together flour, baking powder, salt and sugar. Combine beaten egg, milk and melted Crisco. Stir the liquid into the dry ingredients. Pour out into a shallow pan. Sprinkle surface with sugar, cinnamon and nuts in the proportion of one teaspoon cinnamon to one-fourth cup sugar. Dot occasionally with bits of Crisco. Bake in a hot oven 25 to 30 minutes.

Quick Cinnamon Rolls

2 cups flour
3 teaspoons baking powder
milk

1 teaspoon salt
2 tablespoons Crisco



Filling

$\frac{1}{2}$ cup Crisco
1 cup sugar
1 teaspoon cinnamon
1 egg yolk

Cream Crisco
with sugar and
cinnamon;
add egg yolk

Sift dry ingredients. Work in Crisco with finger tips. Stir in just enough milk to moisten mixture. Roll out on a floured board to one-fourth inch thick. Spread with filling mixture and roll up and cut into slices one-half inch thick. Bake in a moderate oven about 15 minutes. Serve warm.

Date Muffins

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup Crisco
 $\frac{1}{4}$ cup chopped dates
1 egg

$\frac{3}{4}$ cup milk
2 cups flour
4 teaspoons baking powder
1 teaspoon salt

Cream Crisco with sugar. Add beaten egg. Stir in milk alternately with sifted dry ingredients. Add dates last. Bake in well greased muffin tins in a hot oven, 20 to 35 minutes.

Twenty Minute Cheese Biscuits

1 cup flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

1 tablespoon Crisco
 $\frac{1}{2}$ cup milk*
 $\frac{1}{2}$ cup grated cheese

Sift dry ingredients. Work in Crisco. Add liquid gradually and lastly the cheese, working in with a fork. Roll out to one-half inch thick. Cut with small round cutter. Bake in groups of three (like a clover leaf) in a hot oven (375 degrees) until well browned on top.

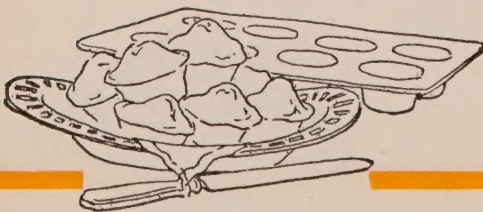
*You may substitute one-half cup thick sour milk beaten smooth with one-fourth teaspoon soda. It is preferable.

Baking Powder Biscuits

2 cups flour
1 teaspoon salt

1 cup milk or water
4 teaspoons baking powder
4 tablespoons Crisco

Sift together the dry ingredients. Work in Crisco. Stir in liquid gradually. Roll out on floured board to about one inch thick. Cut into shapes. Place close together on a Criscoed pan and bake in a hot oven (400 to 450 degrees F.) until browned on top.



Salad Rolls

Use about one-half cup less milk and add 1 egg to baking powder biscuit dough. Roll as usual, but cut into oblong pieces. Make a deep crease down the center of each. Brush top with beaten egg, sprinkle with sugar and bake as usual.

Soft Corn Spoon Bread

- | | |
|-----------------------------|---------------------------|
| 2 cups white cornmeal | 1 cup cold boiled rice |
| 2 tablespoons melted Crisco | 1½ teaspoons salt |
| 1 cup boiling water | 3 teaspoons baking powder |
| 2 cups milk | 2 eggs |

Sift meal with salt. Pour over boiling water and beat until lumps disappear. Stir in melted Crisco. Add eggs, beaten until light, and rice. Stir baking powder into milk and add quickly to mixture.

Pour into well greased earthen dish or enamel pan and bake three-quarters hour in a hot oven. After the first 15 minutes, cover to keep crust from getting too hard.

Cornmeal Muffins

- | | |
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| ¾ cup cornmeal | 1 tablespoon melted Crisco |
| 1 cup flour | ½ teaspoon salt |
| 2 teaspoons baking powder | ¾ cup milk |
| 1 tablespoon sugar | 1 egg |

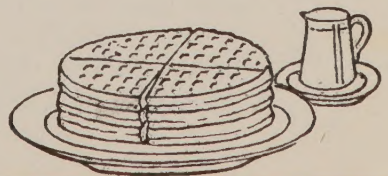
Combine dry ingredients. Stir in beaten egg, milk and melted Crisco. Drop into well greased muffin tins. Bake in a hot oven (370 to 400 degrees F.) until brown.

Waffles

- | | |
|---------------------------|----------------------|
| 2 cups flour | 2 eggs |
| 3 teaspoons baking powder | 1½ cups milk |
| ½ teaspoon salt | 2 tablespoons Crisco |

Sift flour, baking powder and salt together. Add milk to beaten egg yolks and stir into dry ingredients. Add melted Crisco and fold in stiffly beaten egg whites.

Crisco is made for homes that want the best in cooking.



ICING RECIPES

Crisco White Icing

2 cups confectioners' sugar	1 egg white
2 tablespoons Crisco	$\frac{1}{4}$ teaspoon salt
3 tablespoons milk	1 teaspoon vanilla
1 teaspoon almond or lemon extract	

Cream Crisco with part of sugar and the salt. Add milk and rest of sugar and flavoring. Mix well. Beat egg until frothy and fold in until well blended. The egg white may be omitted, especially if a thicker icing is desired.

Crisco Cocoa Icing

$\frac{1}{2}$ cup Crisco	2 cups confectioners' sugar
1 egg white	2 tablespoons boiling water
$\frac{1}{4}$ cup cocoa	$\frac{1}{4}$ teaspoon salt

Blend Crisco with egg and salt. Add sugar and cocoa, which have been mixed together, alternately with boiling water. Beat well.

Crisco Ornamental Icing

1 cup Crisco	$2\frac{1}{2}$ cups confectioners' sugar
1 egg yolk	2 squares baking chocolate
1 teaspoon salt	

Cream Crisco. Beat in egg yolk, then melted chocolate and salt. Beat until creamy. This icing may be forced through a pastry bag to decorate individual cakes.

Compare Crisco with whatever cooking fat you have been using. Put a little of each fat on the tip of a spoon. Taste first one and then the other, and notice how the sweet delicate flavor of the Crisco shows up in the comparison.

Crisco is the trade-mark for a superior shortening manufactured by The Procter & Gamble Company, Cincinnati, Ohio, U. S. A.

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